Independent studies showing the efficacy of the binaural beat technology, other than Monroe Institute articles/studies.

"Use of binaural beat tapes for treatment of anxiety: a pilot study of tape preference and outcomes."

https://www.ncbi.nlm.nih.gov/pubmed/11191043

"Binaural beat technology in humans: a pilot study to assess psychologic and physiologic effects."

https://www.ncbi.nlm.nih.gov/pubmed/17309374

"The effect of music with and without binaural beat audio on operative anxiety in patients undergoing cataract surgery: a randomized controlled trial."

https://www.ncbi.nlm.nih.gov/pubmed/27740618

"A prospective, randomised, controlled study examining binaural beat audio and pre-operative anxiety in patients undergoing general anaesthesia for day case surgery."

https://www.ncbi.nlm.nih.gov/pubmed/16115248

"The Effect of Binaural Beat Technology on the Cardiovascular Stress Response in Military Service Members With Postdeployment Stress"

https://sigmapubs.onlinelibrary.wiley.com/doi/abs/10.1111/jnu.12304

This study deals specifically about Hemi-Sync®: Anesthesia & Analgesia - International Anesthesia Research Society: "Hemispheric Synchronized Sounds and Perioperative Analgesic Requirements"

https://journals.lww.com/anesthesia-analgesia/Fulltext/2010/01000/Hemispheric_Synchronized_Sounds_and_Perioperative.35.aspx

"Binaural auditory beats affect long-term memory"

https://link.springer.com/article/10.1007/s00426-017-0959-2

"The Effect of Binaural Beats on Visuospatial Working Memory and Cortical Connectivity"

https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0166630

"A Novel Insight of Effects of a 3-Hz Binaural Beat on Sleep Stages During Sleep"

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6165862/

"Brain Responses to a 6-Hz Binaural Beat: Effects on General Theta Rhythm and Frontal Midline Theta Activity"

https://www.frontiersin.org/articles/10.3389/fnins.2017.00365/full

"Binaural Auditory Beats Affect Vigilance Performance and Mood"

https://www.sciencedirect.com/science/article/abs/pii/S0031938497004368

"Binaural beats enhance alpha wave activity, memory, and attention in healthy-aging seniors"

https://digitalscholarship.unlv.edu/cgi/viewcontent.cgi?article=3661&context=rtds

"The effect of binaural beats on working memory capacity"

https://www.researchgate.net/publication/275655551_The_effect_of_binaural_beats_on_working_memory_capacity

"The effect of binaural beat-based audiovisual stimulation on brain waves and concentration"

https://ieeexplore.ieee.org/document/8539512